



Beef Bourguignon

- 1-1 ½ cups Burgundy wine (or Cabernet Sauvignon)
- 1 T. brandy (optional)
- 2 onions, chopped (Reserve 1 onion for later)
- 1 carrot, chopped
- ½ sprig fresh parsley
- ½ bay leaf
- 2 clove garlic, crushed (Reserve one for later)
- 5 whole black peppercorns
- Salt and pepper to taste
- 1 pound cubed beef chuck roast
- 2 T. olive oil, divided
- 2 ounces bacon, cubed
- 1 T. and 1 ½ teaspoons all-purpose flour
- 1 ½ teaspoons tomato paste
- ½ can beef broth (10.5 oz)
- 2 T. butter
- ½ pound fresh mushrooms, sliced

Directions

- **For marinade:** In a large bowl, combine the wine, cognac, onions, carrots, parsley, bay leaf, garlic, peppercorns and salt. Mix well and add the cubed beef. Cover and marinate in the refrigerator for 2 days.
- Preheat oven to 300 degrees F.
- **For Bourguignon:** Strain the meat from the vegetables and marinade. Reserve marinade. Dry meat with paper towels. Heat 2 T. of the oil in a large skillet over medium high heat. Add the meat and sauté for 10 minutes or until browned on

all sides. Transfer meat to a separate medium bowl with a slotted spoon and set aside.

- In the same skillet, add the bacon and sauté until lightly browned. Transfer the bacon to the bowl with the meat. Drain the skillet and return it to the heat. Pour a cup of marinade into the skillet to deglaze the skillet, scraping the bottom to loosen up all the little bits. Return this liquid to the reserved marinade.
- Heat the remaining oil in the skillet. Add the onion and carrot from the marinade, along with the additional onion that you've chopped and sauté for 5 minutes or until tender. Transfer this mixture to the bowl with the meat and bacon, again using a slotted spoon, and return skillet to the heat. Add the flour to the skillet, combining with the oil and stir until well mixed and brown, about 2 minutes.
- Now add the tomato paste, garlic, beef broth, reserved marinade, salt and pepper to taste. Bring to a boil and whisk to remove any flour lumps. Add this to the meat and vegetable mixture. Place entire mixture into a 9 x 13 baking dish.
- Bake at 300 degrees F. for 3 hours, stirring occasionally and adding water as needed. Season with salt and pepper to taste.
- About 15 minutes before meat is done baking, melt butter in the skillet over medium high heat. Add the mushrooms and sauté for 5 to 10 minutes, or until lightly browned. When meat is done, add the mushrooms to the meat mixture. Stir well and let sit for about 15 minutes.